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Tuesday, January 10, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

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The art of croissant baking. 16

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MOVING FORWARD?

Philly's Gayborhood struggles with charges of racial discrimination. 4

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TRUMP TO MAKE SON-IN-LAW A SENIOR ADVISER

1 Donald Trump will name his 35-year-old son-in-law, Jared Kushner, as a senior adviser in his White House, a transition official said Monday, a potentially thorny choice in the face of anti-nepotism law. The new position for Kushner had been anticipated, but it was unclear what his role would be. Unlike Cabinet positions, the post would not require Senate confirmation.

Like Trump, Kushner is a New York-based real estate developer with a wide net of business dealings that could raise potential conflicts of interest. Kushner, who married Trump's eldest daughter, Ivanka, in 2009, helped guide Republican Trump to victory over Democrat Hillary Clinton in the presidential election. REUTERS

US NAVY FIRED WARNING SHOTS AT IRANIAN VESSEL

2 A Navy destroyer fired three warning shots at four Iranian fast-attack vessels after they closed in at a high rate of speed near the Strait of Hormuz, two U.S. defense officials told Reuters on Monday. The incident comes as Donald Trump prepares to take office Jan. 20. In September, Trump vowed that any Iranian vessels that harass the Navy in the Gulf would be "shot out of the water." The officials, speaking on the condition of anonymity, said the USS Mahan established radio communication with the Islamic Revolutionary Guard Corps boats, but they did not respond to requests to slow down and continued asking the Mahan questions. The Navy destroyer fired warning flares and a U.S. Navy helicopter also dropped a smoke float before the warning shots were fired. REUTERS

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KIMBERLY AQUILINA, WEB PRODUCER

Do you tell your doctor the truth, the whole truth and nothing but the truth? A recent study found that about 60 percent of us don't. Is the biggest lie about sex, drugs or exercise? Check out what else people lie to their doctors about:

metro.us/lifestyle

GETTY IMAGES

TUBE STRIKE

5 People wait for buses at Bishopsgate in the City of London, as Underground workers in the capital continued a 24-hour strike that crippled tube services and caused travel chaos for millions of passengers Monday.

5 THINGS YOU NEED TO KNOW

SC SHOOTER REFUSES TO DEFEND HIMSELF

3 White supremacist Dylann Roof on Monday stood by his pledge not to testify or call any witnesses who might persuade jurors not to sentence him to death for killing nine black parishioners at a church in Charleston, South Carolina, in June 2015. That leaves jurors deciding his fate to consider only the evidence offered by U.S. prosecutors, including four days of poignant testimony

from more than 20 family and friends of the victims, who recounted the lives of their loved ones, ages 26 to 87, and the impact of their deaths. Roof is representing himself. U.S. District Judge Richard Gergel denied Roof's request that the judge decide his sentence rather than the jury. REUTERS

CUBA AND UNITED STATES SIGN OIL-SPILL DEAL

4 Cuba and the United States agreed to prevent, contain and clean up oil and other toxic spills in the Gulf of Mexico, as they rush to conclude deals before President-elect Donald Trump takes office. U.S. Charge d'Affaires Jeffrey DeLaurentis, upon signing the agreement, said it was one of a series of deals to protect the shared marine environment of the neighboring countries separated by just 90 miles of water. Trump has threatened to scrap a still-fragile detente between the two countries unless Cuba makes further political and economic concessions. U.S. companies and the outgoing administration of President Barack Obama have announced a flurry of small deals in recent weeks aimed at making it harder for Trump to ditch the detente established by Obama and the Cuban President Raul Castro in 2014. REUTERS

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janssen

An event at a bar in the Gayborhood. COURTESY OF STRO PRODUCTIONZ

Philadelphia's Gayborhood moves toward healing racial divide

After protests, tears and anger, community grapples with complaints of racial discrimination.

SAM NEWHOUSE
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Anger about discrimination in the Gayborhood simmered long before it erupted into protests last year after video leaked showing a gay bar owner uttering a racial slur.

But some form of reconciliation may be on the horizon. On Jan. 23, the Philadelphia Commission on Human Relations is expected to issue recommendations for fighting discrimination in the Gayborhood. The report is the result of a November hearing on the topic attended by nearly 400 people.

"There was so much pain in the room," said PCHR Executive Director Rue Landau. "You can't ignore that."

Complaints ranged from queer people of color being denied entry to bars over obscure dress codes to being required to produce multiple forms of ID to get in and interminable waits to be served. With queer people of color almost universally reporting some of these experiences, it added up to a communitywide problem.

"Since the hearing, I've had a lot of messages," said Stro Kyle, 30, one of those who testified. "A lot of white people apologized, or just gave me solidarity and support, saying 'We don't want this to continue.'"

But Kyle said bars embracing "hip-hop night" is just a quick fix, not a sign of true diversity.

"As far as feeling any change, or feeling there's more diversity, there's more inclusion, I haven't felt that yet. Maybe it's still early," said Kyle, a program specialist at The Attic Youth Center and event organizer who runs Stro Productionz.

Joey LaSpina, 24, an event organizer and performer known as "La Dolce Spina," said he's seen more people engage in "self-policing" since these issues came to the foreground.

"In the LGBTQ community, we receive a lot of hate and discrimination," he said. "I don't understand and never will understand why we can't stick together as a community and just be kind to each other.

"It sucks that in 2016, we seemed to take a step backwards," he added. "In 2017, I am hoping we can start moving forward."

Landau is hopeful that the PCHR's recommendations will help the Gayborhood move toward healing the wounds of racism and discrimination.

"We're about to have a significant change at the federal government that will not be kind to our community," Landau noted. "The time is now to take care of each other, fix what we need to at home and collectively fight the evil that is going to come."

Ways to fight discrimination

- Racial and other forms of discrimination are illegal in Philadelphia. Contact the PCHR at 215-686-4670 to report discrimination.
- The PCHR is holding a "Know Your Rights" seminar at 6 p.m. on Wednesday at the William Way Center.
- The PCHR will release its recommendations for the Gayborhood on Jan. 23.

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PHILADELPHIA EYE ASSOCIATES

Some female students looking for sugar daddies through SeekingArrangements.com.

ALL IMAGES COURTESY OF SEEKINGARRANGEMENTS

Where are all the sugar babies? At Temple, apparently

More Owls are joining a dating website to link up with sugar daddies than any other school.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Paying bills as a college student might be a little easier if a sugar daddy or mommy helps with expenses. That's apparently an avenue taken by more college students in Philadelphia than in any other city.

Temple University had the biggest increase in new sugar babies signing up in 2016 to meet older "sugar daddies" (or mommies) through SeekingArrangement.com, a website that bills itself as "a new way for relationships to form and grow."

One of those is Ryan, 18, a pre-med sophomore at Temple who has found "arrangements" with three men since signing up for the site a year ago, he said. But he doesn't consider himself a "sugar baby."

"They help me out, and I spend time with them," said Ryan, who spoke to Metro on the condition that his last name be withheld. "It's never like I'm having sex with someone for money."

SeekingArrangement calls itself a dating site for arranging "mutually beneficial relationships" between older "sugar daddies" (or mommies) and "sugar babies."

According to the website, Temple saw the biggest hike in student membership in 2016, with a 34 percent increase. New York University and Arizona State University came in second and third place, respectively.

Temple University declined to comment about student participation on the site, but tut-tutted the press for bringing it up.

"We have no comment other than to marvel at how media outlets continue to give this company free advertising," a spokesman said.

SeekingArrangement isn't the only dating website for sugar babies and daddies, but it's the most well-known. It claims to provide an "alternative method of financial aid" for college students facing increasing student loans.

"While it's easy to get lost in the numbers, the truth is we have an epidemic on our hands," Brandon Wade, founder and CEO of SeekingArrangement.com said about student debt in a news release. *For the expanded version, visit metro.us*

By the numbers

296
TEMPLE STUDENTS WHO JOINED SEEKINGARRANGEMENTS.COM IN 2016

34%
INCREASE FROM 2015

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TEMPLE STUDENTS ON SEEKINGARRANGEMENT.COM

Source: SeekingArrangements.com

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MAKING HISTORY TODAY

ROB WONDERLING

If you ask 100 people on the street to play a word-association game and gave them the words "Civil War" and "Pennsylvania," most of them would probably reply, "Gettysburg." Of course, there's no doubt that the battle of Gettysburg was a pivotal event in the course of the war, but numerous other communities across Pennsylvania played key roles as well. Communities like Chambersburg and Hanover.

As we all know from studying Pennsylvania history in school, the Commonwealth also played an important part in the Revolutionary War (Germantown), the framing of our Constitution (Philadelphia), the beginning of the oil rush (Titusville), and countless other events of historical significance in our nation's history.

As we begin 2017, I have no doubt that Pennsylvania's best days lie ahead. Today, amazing technological and scientific advances are being nurtured and grown right here. Greater Philadelphia's economy includes major industry sectors in manufacturing, life sciences, health care, information technology and energy. In addition, the region's superb academic institutions and highly educated workforce contribute to its ranking as an economic powerhouse in the Northeast.

In particular, our region is positioned to lead the next stage of disruption within the spectrum of life-sciences disciplines, thanks to our world-renowned research institutions, top biomedical programs and a healthy ecosystem of small and large enter-

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- More than 5,400 life science-related patents since 2010;
- $6.3B in investment in regional companies;
- $24.6B in real output (in constant 2010 dollars), 4 percent of the GPR's total.

prises and investment activity. A study, the "Greater Philadelphia Life Sciences Report," explores Greater Philadelphia's life-sciences footprint and investment activity over the last five years and details the key findings that characterize the sector's evolution in the region.

The report, a joint study by Ben Franklin, BioAdvance, CEO Council for Growth, the Chamber of Commerce for Greater Philadelphia, EY, Life Sciences PA, the Greater Philadelphia Alliance for Capital and Technology (PACT), Philadelphia Works, Select Greater Philadelphia Council, and the University City Science Center, in collaboration with IHS Markit, details investments in life-sciences companies from 2011 through the first half of 2016 and explores how the payoffs from those investments have been woven into the economic fabric of the region. With advances in gene therapy, cancer research and cutting-edge vaccines, history truly is being made here today.

Rob Wonderling is President and CEO of The Chamber of Commerce for Greater Philadelphia and can be reached at rwonderling@chamberphl.com

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Fla. police officer killed, deputy dies in manhunt

Orlando Mayor Buddy Dyer declared a day of mourning after the officers' deaths.

A man wanted for killing his former girlfriend fatally shot an Orlando, Florida, police officer Monday, authorities said, prompting a manhunt and a reward of up to $60,000.

Helicopters buzzed the skies while scores of police shut streets and went door to door in their search for the suspect, identified as Markeith Loyd, 41. He is considered armed and dangerous.

An Orange County sheriff's deputy in the manhunt for Loyd was killed in a collision between his motorcycle and a van, the office said. The driver of the van was a 78-year-old man, according to local TV station News 6.

"We are bringing this dirt bag to justice," Orlando Police Chief John Mina said of Loyd at a news conference. Mina said federal agents have joined the search and that he was confident Loyd will be caught.

"We will track him down to the ends of the Earth," he told a later news conference.

Authorities said the slain officer, Master Sgt. Debra Clayton, was shot while responding to a sighting of the suspect at a local Walmart. Loyd fired at her and Clayton returned fire, Mina said, adding that he did not believe Loyd was hit.

Loyd fled the shooting scene outside the store in a car and fired at a deputy who tried to the stop him, authorities said. The deputy was unharmed.

Authorities have been trying to capture Loyd in connection with the December murder of a pregnant woman, the Orange County Sheriff's office said.

Clayton ORLANDO POLICE DEPT.

According to online jail records, Loyd also had been booked in October in Orange County on charges including burglary, attempted carjacking and violation of a pretrial release.

Clayton, a 17-year veteran of the Orlando Police Department, died at a hospital, the department said. Several photos posted on social media showed Clayton at community events, working to improve relations between police and residents. REUTERS

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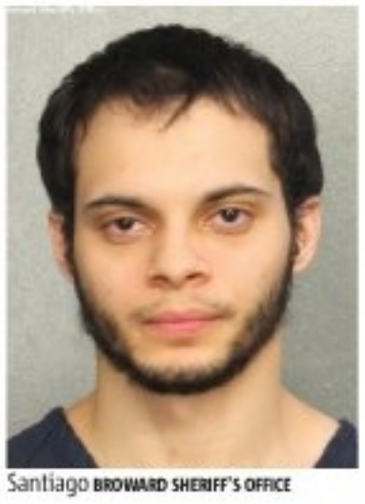
Airport shooting suspect appears in federal court

The 26-year-old Iraq war veteran accused of killing five people at a busy Florida airport in the latest U.S. gun rampage appeared in a federal court on Monday on charges that could bring him the death penalty.

Esteban Santiago, who had a history of erratic behavior, was escorted into the courtroom near Fort Lauderdale for the brief hearing surrounded by U.S. marshals and wearing a red jail jumpsuit and shackles.

He has admitted to investigators that he planned Friday's attack at Fort Lauderdale-Hollywood International Airport and bought a one-way ticket from his home in Alaska to carry it out, according to a criminal complaint.

Authorities say they have not ruled out terrorism as a motive and that they are investigating whether mental illness played a role. In November, Santiago went to a Federal Bureau of Investigation office in Anchorage and told agents he believed U.S. spies were controlling his mind.



Santiago BROWARD SHERIFF'S OFFICE

Santiago spoke little during the hearing, confirming to U.S. Magistrate Judge Alicia Valle that he understood the charges, and that he is a U.S. citizen. He said he did not have his own lawyer, and he was assigned a federal public defender.

Asked about his employment, Santiago said that for the last couple of years he had worked in Anchorage for a company called Signal 88 Security, earning about $2,000 per month. He told the court he had only $5 to $10 in his bank account.

Prosecutors called for Santiago, who is being held at the Broward County Jail in Fort Lauderdale, to be denied bail, and Valle scheduled a Jan. 17 hearing to discuss the request. Legal experts have said it is very unlikely he would be released.

"They've then got two weeks to indict him, and then they've got to go through the whole death penalty review," said former federal prosecutor David Weinstein, a partner with Miami law firm Clarke Silverglate.

REUTERS

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Channing Tatum posts nude photo of wifey

INSTAGRAM/@ CHANNINGTATUM

Clothes are optional in this house. Channing Tatum is clearly a big fan of his wife, Jenna Dewan-Tatum, although his latest photo may prove to be a bit over-zealous on his part.

The "Magic Mike" star took to the 'gram Sunday night to post a pic of his wife taking a nap before the two hit the Golden Globes party circuit reports E! News. The weird part, however, was that the photo featured Jenna totally in the nude!

Channing wrote in the caption: "Nap time = The Best Time."

We guess this is OK with Jenna, who's done her own bit of oversharing lately. In the January issue of Cosmopolitan, the "Supergirl" star opened up about the couple's sex life: "I've always been a very sexual person," she tells the magazine. "We definitely have a very happy and healthy [sex life]. Something about being a dancer connects you to your physical body. It's primal, earthy, sexual energy by nature. Channing is very much the same way."

Um, thanks for that.

Did Nicki Minaj dump Meek Mill because of b-day drama?

What made Nicki Minaj and Meek Mill say *sayonara* to each other? Well, according to TMZ, the demise of their relationship happened during Nicki's birthday weekend while the couple was vacationing on Turks and Caicos. Reports suggest Nicki was upset that Meek was mostly hanging with his friends. When Nicki confronted the rapper about this he got mad and bounced which made Nicki realize this life wasn't for her.

Initial rumor was Nicki ended things because Meek was cheating on her with a woman named Sonye Rasool. Sonye has since said she dated Meek, but that happened years before he started calling Nicki his boo. Nicki deserves better than a man-child who ditches her on her special day.

the word

ZACHARY HOMER

Billy Eichner takes on Meghan McCain

Billy Eichner, like the rest of the world, was smitten with Meryl Streep's Golden Globes speech that took a stand against Donald Trump. However, Sen. John McCain's daughter Meghan McCain was not a fan and expressed her displeasure on Twitter: "This Meryl Streep speech is why Trump won. And if people in Hollywood don't start recognizing why and how — you will help him get re-elected."

The "Difficult People" star fired back: "She asked him not to make fun of disabled people and advocated for the freedom of the press and the arts you f—ing moron."

Instead of clarifying which of those points she took offense to, McCain turned the tables on Eichner, tweeting "calling republicans like me 'f—ing morons' is a great way for Hollywood to bridge the cultural divide. Enjoy your bubble."

But Billy had the last tweet: "I'd rather live in a bubble than live with people who don't feel a need to respect the disabled, freedom of speech & the arts!!"

We'd say Billy won that one. How about you?

ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

The Golden Globes go #TeamBrad

Brad Pitt and Angelina Jolie, once the toast of Hollywood, have gone their separate ways, and their parting has been a bit bumpy, to say the least.

For one night, however, Brad Pitt was able to forget all of the heartache. The Hollywood hunk was a surprise guest at the Golden Globes on Sunday night and his appearance prompted a very nice reaction from his peers.

The actor was there to present a montage from "Moonlight," which he produced, and the crowd responded with a deafening ovation. Brad has of course been dealing with some serious baby-mama drama as the divorce proceedings between himself and Angelina gott underway. The two are also battling over custody of their six children.

This definitely felt like it was Hollywood's way of declaring they're Team Brad.

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'Informed Consent' tackles issues like white privilege and obesity, diabetes

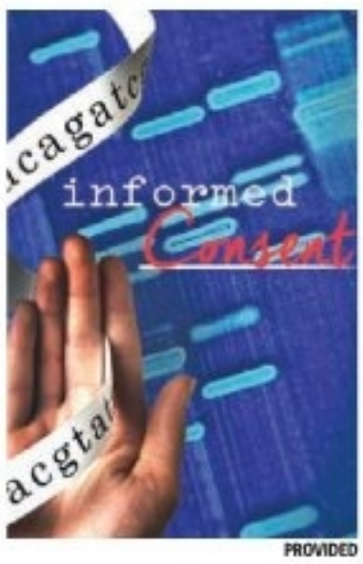
"Art leaders can do a better job of bringing many voices into a room."

MADELINE PRESLAND
@MetroPhilly
letters@metro.us

Kathryn MacMillan
PROVIDED

A local theater aims to start a conversation about diversity and morals of science with its next play.

The Lantern Theater Company brings "Informed Consent" to Philadelphia starting Jan. 12. The play tells the story of a genetic anthropologist who researches the astonishingly high rate of obesity and diabetes found in a Native American tribe in the Grand Canyon. Jillian the anthropologist (Kittson O'Neill) tries to figure out what makes this particular group predisposed to having the disease — along with a few other things along the way.



PROVIDED

The play is based on a true story involving the Havasupai native tribe in Arizona. Researchers did not disclose everything they were testing for while telling their patients that they were doing diabetes research in the 1990s.

"The subject matter is an important conversation, especially with all the advances in DNA research," said actor Lindsay Smiling. "The ethical [issues] that aren't talked about too much in terms of a personal story. The play doesn't come up with an answer, but that type of awareness is good."

Smiling plays Graham, Jillian's illustrator husband. Although the story itself has quite a serious tone to it, Smiling and the director say the play still has its lighter moments.

"The play tackles the visibility and voice of marginalized people and the ethical quandaries of science," said director Kathryn MacMillan. "The most amazing thing is that it does all these things with a lot of crackling energy and humor — and humanity. It captures that slice of human life."

Part of the play's versatility is the role of the ensemble. This group of actors take on many different brief characters and roles throughout the play while being able to carry the story.

Playwright Deborah Zoe Laufer noted the importance of having diversity within the cast — especially when it comes to the Native American voices in the story.

"We assembled a diverse ensemble," says MacMillan. "Because this play brings up issues like race, voices being heard and white privilege, we have a lot of voices in the room. I'm super proud of that. This isn't done enough in Philadelphia, and art leaders can do a better job of bringing many voices into a room."

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Martin Scorsese doesn't watch new movies

Martin Scorsese directs Andrew Garfield, playing a Jesuit priest encountering oppression in 17th-century Japan, on the set of his new film, "Silence."

The legendary filmmaker talks about "Silence" and feeling gloomy about the world.

MATT PRIGGE
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Martin Scorsese isn't someone you imagine wracked with doubt. His films — in particular, "Goodfellas," "Casino" and "The Wolf of Wall Street" — are confident bursts of electricity, every little piece perfectly in place.

But it took around two decades for him to realize how to make a film of "Silence," Shusaku Endo's beloved 1966 novel, about Jesuit priests from Portugal who journey to 17th century Japan, where authorities have deemed Christianity punishable by death. Scorsese first read Endo's novel in the late '80s, while shooting a sequence in "Akira Kurosawa's Dreams."

"I wanted to make it, but I didn't know how," Scorsese says. "It's taken about 20 years to reach this form. I didn't know how to translate it into images. It took many years to reread the book, make notes all the way through — and, ultimately, make a lot of other pictures."

The result is a complete shift from 2013's keyed-up "The Wolf of Wall Street." "Silence" — starring Andrew Garfield and Adam Driver as his main priests and Liam Neeson as another, rumored to have "apostatized," or denounced his Lord — is the most serene film Scorsese has ever made. Even when Japanese converts are being crucified at sea or burned alive, the images are calm and restrained.

"That was one thing I realized over the years: This particular subject matter didn't necessarily need a very aggressive visualization, so to speak,"

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Liam Neeson plays another priest rumored to have denounced God while in Japan. ALL PHOTOS KERRY BROWN

the director says.

The slow pace — which easily fills its 161 minutes (19 whole minutes shorter than "Wolf") — also asks viewers to contemplate issues of faith.

"That has always been foremost in my mind, no matter what I've done," Scorsese explains. "Even going back to 'Mean Streets,' the opening line is, 'You don't make up for your sins in the church; you do it in the street and in the home. All the rest is nonsense.' Meaning that you don't separate religion when you go into the building, then you go outside and behave differently. The struggle is outside."

Looking to the future

Scorsese is among the last of the great titans of 1970s filmmaking who still commands sizable budgets. But even he's feeling gloomy about the times.

"I haven't seen that many modern movies over the last two or three years. I just stopped, because the images don't mean anything. We're just completely saturated with images that don't mean anything. Words certainly don't mean anything; they're twisted and turned," Scorsese says.

"So where's the meaning? Where's the truth?" he asks. Scorsese's answer: "Like Rodrigues [Garfield's character], we have to learn to let go of the self, to start anew. It goes back to that question I had in 'Mean Streets': How do you live a good life, that is filled with meaning and compassion and respect for others, in a world like today? Maybe that's why it took 25 years to be able to understand how to approach this script and this film. There is no meaning until you give it meaning."

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Making croissants with chef Esther McManus

Les Dames d'Escoffier Philadelphia hosts a special workshop tonight.

JENNIFER LOGUE
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From left: Scholarship chair of Les Dames d'Escoffier Val Costanzo and chef Esther McManus PROVIDED

Croissants are the perfect accompaniment to your morning coffee — light and buttery without sending you into a sugar coma. While most of us depend on local cafes to supply us with our daily croissant fix, wouldn't it be great to bake some at home? And wouldn't it be even better if you learned how to make croissants from a croissant connoisseur?

Tonight, you're in luck. Les Dames d'Escoffier is hosting a croissant-making workshop with Esther McManus, the woman who showed Julia Child how to make croissants on her TV show, "Baking With Julia."

"The key to a perfect croissant is patience," says McManus. "A croissant should have lightness, a slight amount of chewiness, a million layers all separated from one another — in other words, an impossible task," she adds.

McManus started learning how to make croissants in Paris at the Dodin Bouffant restaurant in 1974 under pastry chef Pierre Menier.

"I kept going back to him to learn. From the moment I started to learn to make it, it became an obsession that refuses to leave me. I never think my croissant is perfect, because in my eyes, it never is," McManus reveals.

All proceeds from the event will benefit the Les Dames d'Escoffier Scholarship fund, which supports women pursuing careers in the culinary arts, hospitality, fine beverages and agriculture.

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Winter hair woes?

Mario Russo shares his best tips for combating your strands' seasonal struggles.

CARLY OLSON
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Known for making edgy styles wearable, hair expert Mario Russo has 30 years of cutting Bostonians' trendy tresses under his belt. Since our own ever-changing atmosphere currently has us fighting hat hair, static cling and winter dryness, we asked Russo for his sage advice for protecting against New England hair struggles.

Slow down on the shampoo

With the winter cold comes excessive dry, brittle hair. Russo explains that blasting heaters in your apartment or office in combination with outdoor conditions exacerbate common hair dryness. Over-shampooing only adds to the problem. Russo recommends shampooing twice a week to keep strands strong. "Typically every three to four days is more than enough," Russo says. He notes that a shampoo designed for dry hair — even if used just in the wintertime — can be worth a purchase. He recommends Kerastase Bain Magistral Shampoo ($41, kerastase-usa.com/bain) for an extra coat of moisture.

Mario Russo PROVIDED

Give hair extra protection to preserve shine

Protecting against dry hair can also happen outside the shower. While you may know the best conditioner route for your hair (and maybe that route is none), Russo recommends still adding the step of a leave-in protectant after every shampoo to seal in moisture. "Outside the shower, use a conditioning spray to protect the hair from dryness. Use it after you towel dry hair and proceed with styling," he says. The result? Sleek, shiny strands.

Use a moisturizing crème to kill flyaways and frizz

Wearing a hat or hood on your morning commute can leave your 'do looking tousled, and not in the cool girl-meets-bedhead way. Russo suggests a solution that doesn't involve ditching your trusty warm layers. Use an anti-frizz crème with a lotion-like texture to smooth tresses without getting sticky or heavy. "Lightly apply the product and fluff the hair back up," Russo says. "Even if you have a light moisturizing lotion in your purse [for skin], use the leftover lotion on your hands and run it through your hair."

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Make the most of those idle moments waiting for the train by trying out these stretches, exercises and mindfulness strategies. ISTOCK

MAKE HEALTHY YOUR NEW HAPPY

How to work out during your commute

Can't make it to the gym? You can exercise while in transit.

KATE MOONEY
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We all spend several idle minutes — sometimes hours — daily waiting for the train or the bus on the way to and from work. Reading or listening to music can help keep you occupied, but there's another way to optimize your time in transit. From stretching on the subway platform to meditating while you ride, here's how to stay active during these (inactive) moments.

While waiting on the platform

According to Jenn Menzer, a fitness and nutrition coach and founder of Jenn Menzer Wellness in Boston, there are plenty of stretches and strengthening exercises you can do before the train rolls up.

Try standing on one leg for 30 seconds at a time — then switching legs — for a balancing challenge that will also strengthen your core.

Menzer is also fond of the tree stand: bring one foot to the opposite inner shin for a standing balance and core challenge.

Quad stretches are easy to do while standing, as are glute squeezes: "clench and squeeze your glutes for 30 seconds at a time for a tight, toned tush," she says.

When the train is nowhere in sight...

You're getting pretty restless, but aren't quite ready to give up and call an Uber. Blow off some steam with these more active moves. Don't worry, nobody's watching you, anyway — they're too busy staring at their phones or impatiently glancing down the tracks.

Instead of pacing back and forth, do lunges up and down the train platform: Step forward with one leg, lowering your hips until both knees are bent at a 90 degree angle, then repeat with the other leg, Menzer explains.

Make use of that subway bench, besides slouching and sulking on it, by doing dips, which work your triceps and pectoral muscles. Facing away from the bench, place your hands behind you, bending your elbows up and down to lift and lower your body.

All those bags you're carrying can be transformed into weights. Do bicep curls with your purse or briefcase, or lateral raises by lifting your luggage out to the side, forming a "T" shape.

If you have ample space on either side of you, try side leg raises: stand on one leg and raise the other to the side for a 15 count; then switch legs.

While riding

Congrats, you're on your way. Jennifer Schelter, a Philadelphia-based yoga instructor and mindfulness coach, has tips for a peaceful ride.

To meditate during the commute: Close your eyes and count (silently) to seven while you breathe in, then to 11 as you exhale. Repeat this sequence of slow, deep breaths, all the while focusing on the sensations of the body.

If you're stressed out about the day of work ahead, try practicing positive visualization. Picture yourself at ease completing the tasks ahead.

"Visualize the best-case scenario; then visualize the worse-case scenario. Resolve to commit to the best-case scenario," she explains.

NFL GAMES HAVE TOO MANY ADS, SPORTS BROADCAST GREATS RETIRE

GLEN MACNOW

OPINION

MGlen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

Our city has no sports-media critic. So, for one day, I'm it:

Digging in for 14 hours of playoff coverage this weekend made me realize how difficult it is to watch NFL games through the onslaught of ads.

The typical NFL contest has at least 20 breaks packed with 100 commercials. Or, put another way, it's a Sunday afternoon of car, beer and pizza ads, with a game sprinkled in.

In Saturday night's Seahawks-Lions snoozer, there was a field goal followed by a break, then a kickoff downed in the end zone followed by another break, then an injury on first down, leading to a third break. Essentially it was 10 real minutes of time with three actual plays.

The reason, of course, is the huge fees made by the networks to air the Monolith of Sports. Those billions are only recouped by exposing you to all those Viagra ads. Maybe shrinking ratings will prompt everyone to relook at the presentation — but I wouldn't count on it.

People smarter than I have learned to DVR the games, start watching at halftime and fast-forward through all the ads. For me, old habits die hard — but the idea of seeing the contest in one hour sounds attractive.

Best to Boomer

It's easy and fashionable to mock Chris Berman these days, as his role with ESPN dwindles. And, for sure, Berman became a caricature of himself over the years, milking his old bromides ("Back, back, back …) to the point most viewers scrambled for the mute button.

Chris Berman has made huge contributions to television sports during his long career at ESPN. GETTY IMAGES

But we shouldn't forget Berman's role in building the brand and shaping — for better or worse — how sports are covered on TV today. Berman's use of nicknames (Frank Tanana "Daiquiri," Bert "Be Home" Blyleven) made him among the first to inject humor into highlights. And, long before the Red Zone and Twitter made every big play instantaneously viewable, Berman's Sunday night "NFL Primetime" showed the way to package the best of the NFL.

The man deserves respect on his way to the easy chair.

And to Burke

Also due a salute is Ron Burke, who's leaving Comcast SportsNet and, apparently, local TV after nearly three decades. Burke never flashed the huge personality of others, but he's sharp and likable. In a business where too many try to fake it, Burke put weeks of solid research into his annual NFL draft previews — and it showed.

Burke follows CSN stalwarts Neil Hartman and Leslie Gudel out the door. There's no way our local sports station is better for losing them.

Look out for Sadak

The top play-by-play man today — in any sport — is hockey's Doc Emrick. But I heard a rising star while driving Sunday, listening to John Sadak call Steelers-Dolphins on Westwood One. The 37-year-old Rowan University grad was evocative and engaging, pulling me in with his description of "the hypnotic swirl of terrible towels."

Sadak does most of his work calling games for the Triple-A Scranton-Wilkes Barre RailRiders. Remember his name. Within a few years, he'll be big time.

NOTICE OF PUBLIC AUCTION OF UNITS IN LIEN

21st Century Storage
3503 North B Street,
Philadelphia, PA 19134
Phone - (215) 423-4000

Property contained in the following units located at 3503 N. B St will be sold via online auction at STORAGETREASURES.COM on January 26, 2017 at 11:00 A.M., to the highest bidder to satisfy the owners lien for rent under 73 p.s. 1901 et. seq. Auction is with reserve. 21st Century Storage reserves the right to set the minimum bids and refuse bids. Cash or credit card ONLY. Contents must be paid for 1/26 and removed within 48 hours.

Marilyn Colon C219
Barbara Orozco D338
Talia Dixon E404
Lourfrandy Gerez Perez G635
Nathaniel Fuentes I803
Joseph Hewitt M104
Miroslav Bolec M107
Wayne Kilson M141
John Vega JR O520
Eddie Olivares R801
Mikayla Allen S187
Wynne Oliveira T123
Freddy Bautista T168
Aminta Rivera T174
Jose Rodriguez T838

STORAGE KING USA SELF STORAGE

NOTICE OF PUBLIC AUCTION

Notice is hereby given that Storage King USA will sell the contents of the storage units listed below at a public auction to satisfy a lien placed on the contents (pursuant to 73 PS). The sales will take place on 1/12/2017. The sale will be conducted on Storagetreasures.com by competitive bidding. Bidding will end on the scheduled date at 11:00 a.m. Units will be available for viewing prior to sale on StorageTreasures.com. Contents will be sold only to the highest bidder. A 10% buyer's premium will be charged and $100 (units larger than 150 sq ft will be more) cleaning deposit per unit. All sales are final. Seller reserves the right to withdraw the property at any time before the sale or to refuse any bids. The property to be sold is described as "general household items" unless otherwise noted. Storage King USA at 5134 Lancaster Ave, Phila, PA 19131 will list storage units on the StorageStarBid at 11 a.m. on 1/12/2017 or up to 7 days prior to this date.

Jelain Abdu Unit #1004 • Lonnie G Heasy Unit #1038 • Carolyn D Brooks Unit #1005 • Charles B Clarke Unit #1168
Anthony Pauling Unit #2065 • Shaunise S Walker Unit #4023 • Christopher Ryan Robinson Unit #1089 • Susan E Waddy-Bishop Unit #2226
Billy Mckean Unit #3053 • Felicia Nicole Moore Unit #4019 • Lakiesha S Coston Unit #2049 • Tiffany M Hodges Unit #3131
Lorene D Jones Unit #3048 • Marta A Legg Unit #3062 • Quidel D Wilkerson Unit #2106 • April Sue Nagy Unit #2316
Stephanie Johnson Unit #3045 • Leonard M Patterson Unit #2296 • Kerry M Wilson Unit #1111 • Nelson D Coy Unit #1097
Shaunta R Feaster Unit #2163 • Stephen B Faye Unit #2088 • Shakil E Winder Unit #2247 • Sylvia A Finger Unit #1023

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned intends to sell the personal property described below. Undersigned will sell items at Public Auction online at www.StorageTreasures.com by competitive bidding ending on **1/20/2017 at 11:00AM.** Where said property has been stored and which are located at Safeguard Self Storage #130105 at **1221 North Broad Street, Philadelphia PA 19122** (215)684-3792 on the following units:

safeguard self storage

Big Sis Lil Bro Party Rentals 0113, Alicia Byrd 4312, Ernestine Watkins 2217, Wayne Datts A4115, Jennifer Teague 4317, Gerald Yow 2207, Kristan Grice 0504, Frantz Douyon A4301, Adam Perri 2408

Purchases must be paid at the time with Credit Card or Cash. All Purchases are sold within 72 hours of the time of sale. A $100.00 Cash clean up deposit is required until all items in the unit are removed from the premises and verified by manager on duty. Sale subject to cancellation up to the time of sale, company reserves the right to refuse any online bids.
Auction by StorageTreasures.com | Phone: 800-213-4183

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned intends to sell the personal property described below. Undersigned will sell items at Public Auction online at www.StorageTreasures.com by competitive bidding ending on **1/20/2017 at 2:00PM.** Where said property has been stored and which are located at Safeguard Self Storage #130102 at **6371 Keystone Street, Philadelphia PA 19135 (215) 333-8320** on the following units:

safeguard self storage

Patrice Thomas Unit # 0116, Tyra Fergerson Unit # 0205, Wanda Baker Unit # 1209, Michael Smith Unit # 1337, Kaitlyn Steffler Unit # 1412, Angel Marrero Unit # 1414, Eugene Bradley Jr. Unit # 1610, Lisa Gonzalez Unit # 2301, Wanda Baker Unit # 2423, Herbert Wilcox Unit # 2502

Purchases must be paid at the time with Credit Card or Cash. All Purchases are sold within 72 hours of the time of sale. A $100.00 Cash clean up deposit is required until all items in the unit are removed from the premises and verified by manager on duty. Sale subject to cancellation up to the time of sale, company reserves the right to refuse any online bids.
Auction by StorageTreasures.com | Phone: 800-213-4183

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned intends to sell the personal property described below. Undersigned will sell items at Public Auction online at www.StorageTreasures.com by competitive bidding ending on **1/20/2017 at 3:00PM.** Where said property has been stored and which are located at Safeguard Self Storage #130101 at **1333 Rhawn Street, Philadelphia PA 19111** (215) 342-8741 on the following units:

safeguard self storage

#1523-Jill Tarno, #1803-Jessica Trull, #1518-Michael Sawchyn II, #1703-Clinton Holmes, 3304-Thomas Feather, #3123-Kathryn Ritterson, #2813-Brandon Mosley

Purchases must be paid at the time with Credit Card or Cash. All Purchases are sold within 72 hours of the time of sale. A $100.00 Cash clean up deposit is required until all items in the unit are removed from the premises and verified by manager on duty. Sale subject to cancellation up to the time of sale, company reserves the right to refuse any online bids.
Auction by StorageTreasures.com | Phone: 800-213-4183

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned intends to sell the personal property described below. Undersigned will sell items at Public Auction online at www.StorageTreasures.com by competitive bidding ending on **1/20/2017 at 10:00AM.** Where said property has been stored and which are located at Safeguard Self Storage #130104 at **6224 Germantown Avenue, Philadelphia PA 19144** (215) 848-4013 on the following units:

safeguard self storage

#0215 - Michael Sessoms, #0226 - Diane Altenbach, #0420 - Denise Adams, #0423 - Rhashon Hamilton, #1131 - Gregory Thompson, #1143 - Nonkosi R. Ntamane, #1147 - Sean Whitfield, #1704 - Alexander Royster, #3120 - Francisco Vazquez, #3313 - Abya Larry, #3611 - Debra Beckham

Purchases must be paid at the time with Credit Card or Cash. All Purchases are sold within 72 hours of the time of sale. A $100.00 Cash clean up deposit is required until all items in the unit are removed from the premises and verified by manager on duty. Sale subject to cancellation up to the time of sale, company reserves the right to refuse any online bids. Auction by StorageTreasures.com | Phone: 800-213-4183

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned intends to sell the personal property described below. Undersigned will sell items at Public Auction online at www.StorageTreasures.com by competitive bidding ending on **1/20/2017 at 9:00AM.** Where said property has been stored and which are located at Safeguard Self Storage #130106 at 1499 68th Avenue, Philadelphia PA 19126 (215)224-6700 on the following units:

safeguard self storage

 # 1020 George Benton, # 1237 Marquita Shirod, # 1311 Leonard Rasheed, # 2212 Sean David, # 2222 Malikah Crosby, # 2329 Aaron Owens, # 3115 Shahida Jefferson, # 3207 Jenelle Boone, # 3206 Bobby King, # 3233 Davida Smallwood, # 3300 Tresa Graham, # 3333 Dawna Cunningham, # 3420 Kristopher Richardson, # 3604 Imani Yelock

Purchases must be paid at the time with Credit Card or Cash. All Purchases are sold within 72 hours of the time of sale. A $100.00 Cash clean up deposit is required until all items in the unit are removed from the premises and verified by manager on duty. Sale subject to cancellation up to the time of sale, company reserves the right to refuse any online bids.
Auction by StorageTreasures.com | Phone: 800-213-4183

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned intends to sell the personal property described below. Undersigned will sell items at Public Auction online at www.StorageTreasures.com by competitive bidding ending on **1/20/2017 at 1:00PM.** Where said property has been stored and which are located at Safeguard Self Storage #130107 at **3300 Frankford Avenue, Philadelphia PA 19134** (215) 203-0760 on the following units:

safeguard self storage

#4528-Sherrell Scott, #2207-Irma Flores, #2101-Clatonia Townsend, #3721-Pedro Cintron, #1407-Glenda Stevens

Purchases must be paid at the time with Credit Card or Cash. All Purchases are sold within 72 hours of the time of sale. A $100.00 Cash clean up deposit is required until all items in the unit are removed from the premises and verified by manager on duty. Sale subject to cancellation up to the time of sale, company reserves the right to refuse any online bids.
Auction by StorageTreasures.com | Phone: 800-213-4183

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned intends to sell the personal property described below. Undersigned will sell items at Public Auction online at www.StorageTreasures.com by competitive bidding ending on **1/20/2017 at 12:00PM.** Where said property has been stored and which are located at Safeguard Self Storage #130103 at **830 East Hunting Park Avenue • Philadelphia PA 19124 (215) 288-8251** on the following units:

safeguard self storage

#1302-Edgar Bacai • #2312-Myrna Cortes • #3602-Rueben Crawford #3204-Leonard Harris • #2223-Diana Pantoja • #2608-Maria Parrilla #2707-Shaqueeta Tucker

Purchases must be paid at the time with Credit Card or Cash. All Purchases are sold within 72 hours of the time of sale. A $100.00 Cash clean up deposit is required until all items in the unit are removed from the premises and verified by manager on duty. Sale subject to cancellation up to the time of sale company reserves the right to refuse any online bids.
Auction by StorageTreasures.com | Phone: 800-213-4183

The launch of CRUNCH TIME

TV has supplanted film when it comes to must-see viewing, and the biggest TV stars in the world are athletes, if TV ratings are any indication. The football playoffs doubled the Golden Globes in the ratings Sunday night, the latest sign that sports is king in America.

With sports' popularity at a fever pitch, fans want to know every detail possible about their favorite athletes, and that's where we come in.

This is Crunch Time — Metro's space that gives you all the nonmainstream dirt on your favorite players. We'll feature wild trade rumors, sexy hookups and social-media beefs — basically everything you would NOT expect from a traditional sports section.

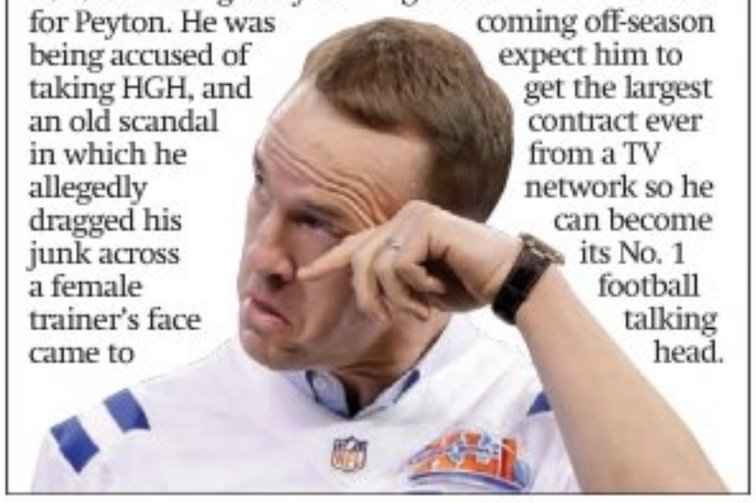
Expect plenty of Tigers pitcher Justin Verlander and model Kate Upton in this space. ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

CRUNCH TIME

MATT BURKE
matthew.burke@metro.us

PR Peyton

Image is everything for Peyton Manning, and not coincidentally — his PR team is brilliant. The narrative that No. 18 "went out on top" has been written, and the masses have eaten it up. But here's what we're quickly forgetting. Despite a Super Bowl, 2016 wasn't a great year for Peyton. He was being accused of taking HGH, and an old scandal in which he allegedly dragged his junk across a female trainer's face came to light again. On the playing field, things weren't much better, despite the Broncos' success. He averaged Tim Tebow numbers in the playoffs as Denver's defense led the way. In this current season, he allowed time to heal wounds, appearing in a bunch of feel-good commercials. This coming off-season expect him to get the largest contract ever from a TV network so he can become its No. 1 football talking head.



Hole in his story

The Packers should charge Odell Beckham Jr. with malicious destruction of property after the Giants' diva receiver punched a hole in a wall outside the Lambeau Field groundskeepers' office. A member of the Green Bay grounds crew is said to have confronted Beckham about the incident but he was quickly told to have sex with himself.

"[The first grounds crew member] said, 'C'mon man,' and he was told to f— off," Packers grounds-crew member Mark Hollister said, via NJ.com. "No one saw [Odell] punching the wall, but basically he was standing right there."

Flashing lights

Snapping a picture of Bill Belichick in a public setting is not a recommended practice, as the Patriots' head coach can and will go all Kanye on any breathing creature with a camera. A guy named Adam Markopoulos, though, was safe and took a pic of a sleeping Belichick on a Nantucket ferry this past weekend, with Belichick's girlfriend, Linda Holliday. sleeping in the coach's lap. When ESPN's assignment desk asked Markopoulos for permission to use the photo, the Pats fan shut down the Worldwide Leader, tweeting, "@ESPNAssignDesk No chance @ESPN, you started Deflategate. DO. NOT. USE. MY. PHOTO. #LoyaltytoBill #LoyaltytoTom #LoyaltytoKraft

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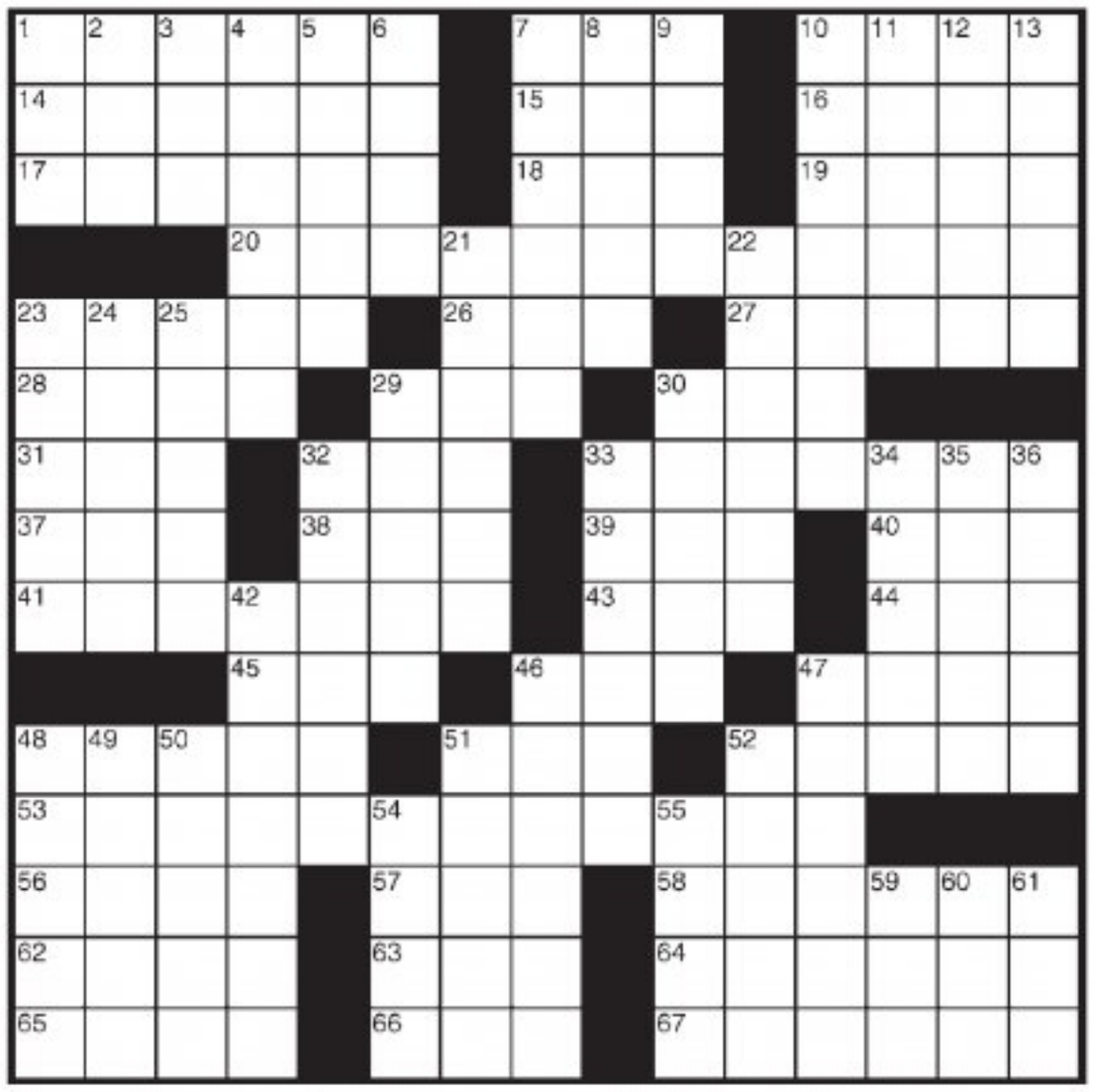
Across

1 Froggy
7 Auto-sticker stat
10 Capricorn
14 In the pact
15 Oxygen source
16 Thus
17 Kind of ticket
18 Louis XIV, for one
19 Sweet 16 org.
20 Giant strides (2 wds.)
23 Horror flick extra
26 Codgers' queries
27 Liability opposite
28 Herb or guru
29 Air-safety agcy.
30 Kind of angle?
31 Web addr.
32 Pillbox or bowler
33 Noonday naps
37 Temper
38 Call in sick
39 Inc. cousin
40 Tire support
41 Cruel rule
43 Discoverer's shout
44 Ms. Thurman
45 Summer hrs.
46 Feel grateful
47 Road-sign image
48 Birdbath slime
51 Make do with
52 Pierre's lid
53 Bug eater (2 wds.)
56 Foster a felon
57 Coral islet
58 Cuts the cake
62 Solar plexus
63 Hotfoot it
64 Flat expanses
65 1917 abdicator
66 Vintage
67 Woodsy

Down

1 Bought
2 Fiesta cheer
3 Cotton Belt st.
4 Off-color
5 Asian capital
6 Novelist -- Ferber
7 Graham of modern dance
8 Preacher-like
9 Unlikely to smile
10 Origin
11 Killer whales
12 Slack-jawed
13 Clink glasses
21 Tidily
22 Rio Grande town
23 NASA outfit (hyph.)
24 Escape artist Houdini
25 Girl-watcher
29 Hard to make out
30 Ten percent
32 Gretel's brother
33 Further behind
34 More loyal
35 "La Dolce Vita" actress
36 Chic
42 Plug add-on
46 Approved
47 Turn-down
48 By itself
49 Garage jobs
50 "Ninotchka" name
51 Click "send"
52 -- the Kid
54 Canyon reply
55 Bakers' meas.
59 LII, twice
60 Actress -- Hartman
61 FICA number



metro.us/sudoku

easy

		1		4				5
	6		3			4		
5	3				1		2	
1	5				8			
4		6				5		2
			2				9	1
	7		4				5	8
		3			2		6	
2				9		3		

hard

6			2				8	
				3	5	1		2
					6			5
		4	5	6				9
	7		8	4	3		2	
2				1	9	4		
3			9					
7		8	3	5				
	9				1			3

metro.us/horoscopes

Aries You need to put greater emphasis on a relationship with a loved one, close friend, relative or colleague. The nature of your interactions will make a difference.

Taurus Your financial plan will need to be revised if you have been making unnecessary purchases. Concentrate on taking better care of your health and bank account.

Gemini Look at the big picture and consider what's best for everyone before you make a decision. It's important to incorporate discipline and practicality into your decisions.

Cancer Go the extra mile to show off your skill and experience. Your peers may be jealous, but don't let that turn into your problem. Do your own thing.

Leo Get to the bottom of any request for money. Donations can be made, but only if they don't jeopardize your standard of living.

Virgo Do your best to make a difference. You will encounter interesting people who face problems similar to yours if you participate in events geared toward your concerns.

Libra Step up and make things happen. Procrastination will lead to criticism and regret. An important partnership will improve your disposition and bring your goals into focus.

Scorpio Emotional distress, anger or overly focusing on legal, contractual or financial endeavors will be costly. Be disciplined and stay focused on creativity, peace and love.

Sagittarius You'll have the discipline to make changes that will improve your life. Assess your relationships with others and carefully choose with whom you plan to associate.

Capricorn Avoid temptation, call the shots and finish what you start. Refuse to let the actions of others influence you. Follow your intuition and stay within budget.

Aquarius Think outside the box and turn your ideas into solutions. Your suggestions will put you in a good position for advancement. Speak your mind.

Pisces Partnerships will play a heavy role in the personal or professional changes you make. Base your decisions on reality and practicality. Be willing to listen. EUGENIA LAST

Yesterday's answers

A	N	T	E	■	T	O	O	L	S	■	O	L	A	F
C	O	A	X	■	A	P	R	I	L	■	M	E	R	E
L	E	F	T	■	J	E	L	L	Y	B	E	A	N	S
U	L	T	R	A	■	R	O	T	■	E	G	R	E	T
■	■	■	A	S	W	A	N	■	K	E	A	■	■	■
A	C	A	C	I	A	S	■	E	A	T	S	O	U	T
D	E	N	T	A	L	■	T	O	T	S	■	G	N	U
D	A	D	S	■	N	A	N	N	Y	■	P	R	I	X
E	S	E	■	Y	U	R	T	■	D	E	L	E	T	E
R	E	S	L	A	T	E	■	M	I	S	U	S	E	S
■	■	■	A	H	S	■	M	A	D	A	M	■	■	■
A	S	T	R	O	■	E	U	R	■	U	P	S	E	T
Y	O	U	D	O	N	T	S	A	Y	■	I	O	T	A
E	R	N	E	■	O	N	I	C	E	■	N	A	T	O
S	T	A	R	■	M	A	C	A	W	■	G	R	A	S

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ARE YOU EXPERIENCING POSTPARTUM DEPRESSION?

PRA Health Sciences in Marlton is now seeking mothers with postpartum depression for a clinical research study. Qualified participants for this study should be between ages 18 and 45, with postpartum symptoms for the past six months or less. In addition, participants should not be pregnant.

Those who qualify for this study may be compensated for their time and travel. Transportation is available. To learn more, visit volunteers.prahs.com or call 844-PRA-PINK (844-772-7465).

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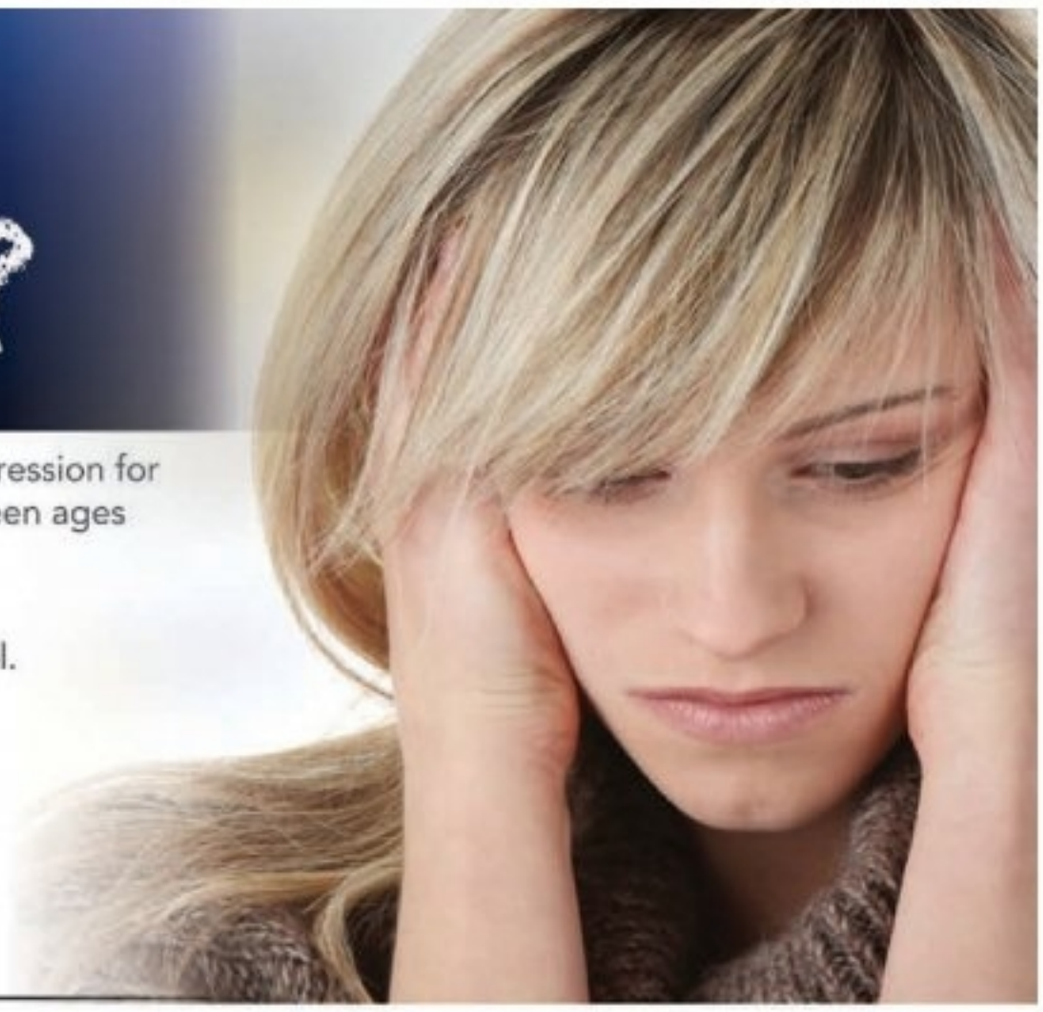

DO YOU KNOW SOMEONE WHO HAS BEEN DIAGNOSED WITH SCHIZOPHRENIA OR SCHIZOAFFECTIVE DISORDER

If so, that person could qualify for a medical research study being conducted by PRA Health Sciences in Marlton. Qualified participants for this study should be between ages 18 and 55. This individual should not currently be on antipsychotic treatment other than oral risperidone. Females should not be pregnant or about to become pregnant.

Those who qualify for this study may be compensated for travel and other expenses related to study participation. Transportation is available.

To learn more, visit **volunteers.prahs.com** or call **844-PRA-PINK**

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DO YOU OR SOMEONE YOU KNOW HAVE MILD ALZHEIMER'S DISEASE?

PRA Health Sciences in Marlton is now seeking individuals with mild Alzheimer's disease for a research study. To qualify for this study, individuals should be male or female between ages 55 and 85. Other than mild Alzheimer's, they should be in general good health. Females should be postmenopausal for at least one year or surgically sterile.

Those who qualify for this study may be compensated for time and travel.

To learn more call PRA Health Sciences today at 844-PRA-PINK or visit Volunteers.prahs.com.

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